Edinburgh Carers’ Hub

**Chance to Chat**
For carers supporting someone in the mid-stages of dementia covering what dementia is, treatments, coping strategies & associated support.
10:30am - 1:00pm (5 sessions to 30 Oct)
Edinburgh Carers’ Hub

**Understanding Dementia**
Helping carers to explore the meaning & purpose of the caring role, meet other carers, increase confidence and improve carers own health and wellbeing.
10:30am - 1:00pm (2 sessions to 11 Oct)
Libertus Centre

**Side by Side with Parkinsons**
Each course is delivered by: a speech & language therapist; a Parkinson’s nurse specialist; an occupational therapist & Parkinson’s UK’s local advisor, offering a forum to ask about available support.
10:30am - 12:30pm (6 sessions to 25 Nov)
Libertus Centre

**Coaching Skills for Carers**
Use the GROW model (Goal, Reality, Obstacle, Way forward) to set goals & follow them through.
10:30am - 1:00pm (2 sessions to 11 Oct)
Edinburgh Carers’ Hub

**Caring for School Age Children with Additional Support Needs**
Exploring formal & informal types of support available to parents of children with additional needs.
10:30am - 1:00pm (2 sessions to 29 Oct)
Edinburgh Carers’ Hub

**Caring for Someone with Dementia & Understanding Behaviour**
A dementia nurse helps people who live with or support someone with dementia to understand & manage distressing or hard-to-deal-with behaviour.
10:30am - 1:00pm
Edinburgh Carers’ Hub

**Dealing with Guilt**
Helping carers to explore the meaning & purpose of the feeling of guilt & manage guilt they experience.
10:30am - 1:00pm
Drum Crae Library

**Self Advocacy for Carers**
Exploring how and why we communicate, some barriers to effective communication & how to overcome them.
10:30am - 1:00pm
Edinburgh Carers’ Hub

**Making Your Money Go Further**
Introduces available welfare entitlements, benefits & discounts available to carers & those they care for.
10:30am - 1:00pm
Edinburgh Carers’ Hub

**Dementia Information Day**
Information on what dementia is, treatments & coping strategies. Led by an NHS dementia specialist.
10:30am - 3:00pm (includes lunch)
Edinburgh Carers’ Hub

**Understanding Behaviour**
Dealing with distressing or hard-to-deal-with behaviour.
10:30am - 1:00pm (3 sessions to 21 Nov)
Edinburgh Carers’ Hub

**Dealing with Loss**
Looking at how loss can affect us & the stages we may go through with different kinds of loss.
10:30am - 1:00pm
Gilmerton Library

**Christmas Crafts**
Join us for some relaxing Christmas crafting. No previous experience or skills are required.
10:30am - 1:00pm (3 sessions to 16 Dec)
Edinburgh Carers’ Hub

**Coping with Anger**
Reflect on, process, & develop coping strategies for your own & others’ feelings of anger.
10:30am - 1:00pm (2 sessions to 13 Dec)
Edinburgh Carers’ Hub

**Words that Change Minds**
Techniques to understand how different people communicate & to avoid being misunderstood yourself.
10:30am - 1:00pm (2 sessions to 19 Dec)
Edinburgh Carers’ Hub

**Room for Art**
Artist-led workshops in a range of techniques & mediums. No prior experience or skills are required.
10:30am - 1:00pm
Drum Crae Library

**Creative Interaction & Dementia**
A workshop supporting carers to engage the person they care for in activities, using poetry, photos & stories.
10:30am - 12:30pm
Edinburgh Carers’ Hub

**Understanding Addictions**
For anyone concerned about the drug or alcohol use of a family member or friend. Learn about substances, communication & coping strategies, & support services.
11:00am - 1:00pm (4 sessions to 27 Nov)
Edinburgh Carers’ Hub

**Drama Workshop**
Drama games, warm up & performance skills building in a range of techniques. No prior experience needed.
10:30am - 3:30pm (includes transport)
University of Stirling

**Gallery Tour - Portrait Gallery Highlights**
Guided tour of the “Scots in Italy - Artists & Adventurers” exhibition in the Portrait Gallery
11:00am - 12:00pm (refreshments afterward)
The Scottish National Portrait Gallery

**Dementia Services Visit**
Visit the Dementia Services Centre to explore the range of equipment and technology available to support people with dementia & their carers.
10:00am - 12:00pm
University of Stirling

**Understanding Dementia**
Helping to answer some key questions for carers, & a chance to chat with other carers.
10:30am - 12:30pm (2 sessions to 8 Nov)
Edinburgh Carers’ Hub

**Introduction to Caring & Support**
Encouraging carers to develop skills and knowledge to support them in their caring role, meet other carers, increase confidence and improve carers own health and wellbeing.
10:30am - 12:30pm
Edinburgh Carers’ Hub

**Understanding Behaviour**
Exploring how and why we communicate, some barriers to effective communication & how to overcome them.
10:30am - 1:00pm
Drum Crae Library

**Self Advocacy for Carers**
Exploring how and why we communicate, some barriers to effective communication & how to overcome them.
10:30am - 1:00pm
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Edinburgh Carers’ Hub

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Edinburgh Carers’ Hub

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Techniques to understand how different people communicate & to avoid being misunderstood yourself.
10:30am - 1:00pm (2 sessions to 19 Dec)
Edinburgh Carers’ Hub
Caring for Myself
While Caring
Examining our own health & wellbeing needs. Exploring strategies for making improvements or changes.
10:30am - 1:00pm
from Thu 3 Oct to Thu 10 Oct
Edinburgh Carers’ Hub

Stress Management
Helping carers understand stress, its impact, & how to plan for & manage stressful situations.
Thu 31 Oct 10:30am - 1:00pm
Drumbrae Library

Finding Balance
Supporting carers to reflect on the impact caring has had on their lives—especially their health—and to find a healthy balance.
(3 sessions)
10:30am - 1:00pm
from Wed 6 Nov to Wed 20 Nov
Commonwealth Pool

Remembering Yourself
A workshop for dementia carers looking at ways to build emotional resilience, strengthen & develop coping abilities & combat isolation.
Thu 14 Nov 10:30am - 1:00pm
Edinburgh Carers’ Hub

Surviving Christmas
Ways to manage the physical & emotional demands of the festive season.
Thu 5 Dec 10:30am - 12:30pm
Edinburgh Carers’ Hub

Top Tips for Coping with the Holiday Season
Helping carers understand festive stress, its impact, & how to plan for & manage stressful situations over the holiday.
Wed 18 Dec 10:30am - 1:00pm
Edinburgh Carers’ Hub

Venue locations
Our free carer events and courses take place in locations across Edinburgh. Carers are welcome to attend courses or events in any part of the city, all of which are accessible by public transport.

1. Edinburgh Carers’ Hub
60 Leith Walk
Edinburgh EH6 5HB
Bus: Lothian 7, 10, 12, 14, 16, 22, 25, or 49
2. Wester Hailes Healthy Living Centre
30 Harvester Way
Edinburgh EH14 3UF
Bus: Lothian 43 or 63
3. The Haven
25B Burgess Rd, South Queensferry EH30 9JA
Bus: Lothian 43 or 63 (cityWEST fare zone)
4. Libertus Centre
20 Gracemount Drive
Edinburgh EH16 6RN
Bus: Lothian 7, 11, 18, or 31
5. Drumtawe Library
81 Drum Brae Dr, Edinburgh EH4 7FE
Bus: Lothian 1, 21, 26, or 200
6. Gilmerton Library
13 Newtoft Street, Edinburgh EH17 8RG
Bus: Lothian 3, 7, 29, or 400
7. The University of Stirling
Pickup/dropoff for included transport to & from the University
Rabbies, 6 Waterloo Place, Edinburgh EH1 3EG
Bus: Lothian 1, 4, 15, 16, 22 or 22 LothianCountry X18, X27, X28, EastCoast 104, 113, 124, X24, or X7
8. Smart Home
62 Longstone Street
Edinburgh, EH14 2DA
Bus: Lothian 3, 30, 33, 34, 36
9. Scottish National Portrait Gallery
1 Queen Street, Edinburgh,
EH2 1JD
Bus: Edinburgh Coachlines 13
10. Scottish National Gallery of Modern Art, Modern One
75 Belford Road, Edinburgh,
EH4 3DR
Bus: Edinburgh Coachlines 13
11. Commonwealth Pool
21 Dalkeith Road, Edinburgh
EH16 5BB
Bus: Lothian 2, 14, 30 or 33

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